What is claimed is:

1. A tailgate assembly, comprising:

a tailgate;

a tailgate support; and

a torsion spring having a first leg attached to the tailgate support and a second leg attached to the tailgate, such that the torsion spring is actuated in a winding direction as the tailgate is opened.

2. A tailgate assembly according to Claim 1, wherein either the first leg, the second leg, or both legs of the torsion spring are removably attached.

3. A tailgate assembly according to Claim 1, wherein the torsion spring comprises about 2.5 coils.

4. A tailgate assembly according to Claim 1, wherein the thickness of the torsion spring is at least about 3/16 of an inch.

5. A tailgate assembly according to Claim 1, wherein the width of the torsion spring is at least about 3/16 of an inch.

6. A tailgate assembly according to Claim 1, wherein the torsion spring comprises a high-carbon steel.

7. A tailgate assembly according to Claim 1, wherein the high-carbon steel comprises about 1 percent carbon.

8. A tailgate assembly according to Claim 1, wherein the high-carbon steel comprises from about 0.96 to about 0.99 percent carbon.

9. A tailgate assembly according to Claim 1, wherein the high-carbon steel has a hardness from about 42 to about 46 Rockwell C.

10. A tailgate assembly according to Claim 1, wherein the high-carbon steel has a hardness from about 43 to about 45 Rockwell C.

11. A tailgate assembly, comprising:

a tailgate;

a tailgate support;

a rod connected to the tailgate, such that the tailgate pivots about the rod to open and close; and

a torsion spring having coils around the rod and having a first leg attached to the tailgate support and a second leg attached to the tailgate, such that the torsion spring is actuated in a winding direction as the tailgate is opened.

12. A tailgate assembly according to Claim 11, wherein either the first leg, the second leg, or both legs of the torsion spring are removably attached.

13. A tailgate assembly according to Claim 11, wherein the torsion spring comprises about 2.5 coils.

14. A tailgate assembly according to Claim 11, wherein the thickness of the torsion spring is at least about 3/16 of an inch.

15. A tailgate assembly according to Claim 11, wherein the width of the torsion spring is at least about 3/16 of an inch.

16. A tailgate assembly according to Claim 11, wherein the torsion spring comprises a high-carbon steel.

17. A tailgate assembly according to Claim 11, wherein the high-carbon steel comprises about 1 percent carbon.

18. A tailgate assembly according to Claim 11, wherein the high-carbon steel comprises from about 0.96 to about 0.99 percent carbon.

19. A tailgate assembly according to Claim 11, wherein the high-carbon steel has a hardness from about 42 to about 46 Rockwell C.

20. A tailgate assembly according to Claim 11, wherein the high-carbon steel has a hardness from about 43 to about 45 Rockwell C.

21. A method for making a tailgate easier to operate, comprising the steps of:

attaching a first leg of a torsion spring to a tailgate support; and

attaching a second leg of the torsion spring to the tailgate, such that the torsion spring is actuated in a winding direction as the tailgate is opened.

22. The method of Claim 13, wherein the step of attaching the first leg comprises removably attaching the first leg.

23. The method of Claim 13, wherein the step of attaching the second leg comprises removably attaching the second leg.